1) Department Overview

UH Wellness is an integral part of university and student life, as it promotes healthier choices and a healthier learning environment for students. On a daily basis, we promote our motto, “Choose Well, Do Well, Be Well” and emphasize our belief that wellness is multi-dimensional across nine core areas. For students to be successful in and out of the classroom, they must take care of themselves across many areas, including their physical, emotional, spiritual and social well-being.

The department is an information clearinghouse for a wide array of health topics. Consultation and information is provided by both staff and volunteers on a variety of health related concerns. In addition, referrals are offered to those who seek counseling or health care services or those who are in search of appropriate venues for health related issues not provided at UH Wellness. The department routinely conducts campus wide outreach programs around sexual assault prevention and awareness, mental health, and alcohol and other drug education – all with an interest in working with specialized populations. The department has also established several campus-wide events like World AIDS Day, Unwind with Wellness, and Sexual Assault Awareness Month. The certified Cougar Peer Educators are an integral part of UH Wellness – organizing unique programs and events and supporting the larger functions of the office.

UH Wellness also serves as a central campus point for the Substance Abuse Prevention Advisory Board, the Sexual Violence Prevention Strategies Committee, and the Biennial Review of the Drug and Alcohol Prevention Policy. Additionally, staff have also been heavily involved with the Tobacco Policy Task Force, the Be Healthy Co-op, and the Wellness Planning Committee through Human Resources. Finally, UH Wellness annually collects campus-wide data regarding health and wellness perceptions, behaviors and attitudes – alternating the National College Health Assessment with our internal health and wellness survey.

2) Department Mission

Empower the campus community to make healthy choices across all dimensions of wellness through evidence-based programs and services that contribute to student success.

3) Department FY17 Goals

- Goal #1: To facilitate student development and the student learning process through education on alcohol and other drugs, mental health, and sexual violence and sexual health. Strategic Plan Initiative 1.d.
  - Accomplished the goal in all three areas. Alcohol and drug presentations increased by improved marketing strategies and implementation of BASICS. Mental health education included weekly Mindfulness Meditation, stress management workshops and consultations and Mental Health First Aid. Our sexual violence prevention and education program have continued to grow with an increase in workshops and collaborations.
• Goal #2: Expand collaboration and networking within the university and surrounding community by expanding the message of who UH Wellness is and what we offer through increased programming, campus involvement and that appeal to a wider audience.; Strategic Plan Initiative 6.b  
  o Accomplished – Collaborations with offices within and outside the DSAES have continued increased. Locally, we have been involved with the Be-Healthy Co-op that sought to unite the six health and wellness offices.
• Goal #3: To increase the use of programs that use research based, theory driven prevention models; Strategic Plan Initiative 4.c  
  o Accomplished - in coordination with the Department of Psychology and the Dean of Students, we implemented BASICS (Brief Alcohol Screening in College Students) as a conduct sanction for high risk college students that uses alcohol screening and feedback to reduce problem drinking. Mental Health First Aid Training is also evidence-based and helps to develop content knowledge and skills to assist someone in need.
• Goal #4: To promote comprehensive campus wellness by offering a variety of programs and services that seek to educate and develop the nine dimensions of wellness; Strategic Plan Initiative 5.c  
  o Accomplished - increased programming relating to 9 dimensions of wellness. Additionally, all of our marketing and branding, along with presentations, now include reference to this multi-dimensional model.
• Goal #5: To promote professional and student staff progression toward advanced professional competencies by maintaining a culture of assessment before, during and after employment; Strategic Plan Initiative 2.c  
  o Accomplished - professional staff completed self-evaluation for performance review as well as the student staff. This provided a way for staff to rate themselves and be involved in ways to best improve in competencies they want to improve on.

4) Utilizations Reports

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<thead>
<tr>
<th></th>
<th>FY 16</th>
<th>FY 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outreach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Workshops/Trainings (Orientations, by request, etc.)</td>
<td>15,508</td>
<td>17,159</td>
</tr>
<tr>
<td>Informational &amp; Events (large campus and in-house)</td>
<td>2,687</td>
<td>3,633</td>
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<tr>
<td>Special Programs</td>
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<td></td>
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<tr>
<td>(Minors in Possession, Marijuana 101, BASICS, coaching)</td>
<td>119</td>
<td>161</td>
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<tr>
<td>Walk-In/Consultation*</td>
<td></td>
<td></td>
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<tr>
<td>Walk Ins</td>
<td>1,611</td>
<td>1,149</td>
</tr>
<tr>
<td>Consults</td>
<td>469</td>
<td>405</td>
</tr>
<tr>
<td>Total</td>
<td>20,394</td>
<td>22,507</td>
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5) Assessment Projects (listed by project)

- **Project #1: National College Health Assessment**
  - Project occurred in February and March 2017 using a randomized sample of students provided by the DSAES Director Assessment and Planning.
  - Results were used in summer 2017 and will be used during FY18 to compare trends in our past annual surveys. In addition, data is used for our monthly Potty Talks, Hall Talks, and Snapshots on social media.

- **Project #2: On-going Workshop and Training Evaluation**
  - Project was conducted all year, with follow-up surveys being sent one month after participants attend a workshop or training.
  - Results were used to assess what knowledge and/or skills were retained in certain content area (alcohol and drugs, sexual violence prevention, etc.), as well as participant’s confidence in their ability to change behavior around a certain topic. This continuous assessment helps UH Wellness identify what may need to be updated or changed in our workshops and trainings.

- **Project #3: On-going Outreach Evaluation**
  - Project occurred four times during the year, with follow-up surveys being sent one month after participants attend a workshop or training. This was done for our World AIDS Day event on December 1st, our Sexual Assault Awareness Month kickoff on April 3rd, and Unwind with Wellness in December 2016 and May 2017.
  - Results were used to assess what knowledge and/or skills are being retained at these events, as well participant’s confidence in their ability to change behavior around a certain topic.

- **Project #4: Sexual Violence Bystander Intervention Marketing Campaign**
  - This project is on-going. Several bystander intervention trainings were introduced this past year, and a pilot “pledge” was used with these events. With the addition of our new Assistant Director for Sexual Violence Prevention and Education joining us in July, it is our hope that this campaign will be reassessed.

6) Areas for Continuous Improvement:

- **Growth and opportunities**
  - **Sexual violence prevention and education**: We hired a new Assistant Director for Sexual Violence Prevention and Education, Anneliese Bustillo, who began in July 2017. She joined us from Texas Tech University where she had extensive experience with sexual violence prevention and response. She is currently planning program for fall 2017, meeting with campus partners, and understanding the lay of the land around the issue here at UH. She will continue to design and implement a series of comprehensive trainings and workshops focusing on consent, bystander intervention, and healthy relationships with various campus partners.
  - **National College Health Assessment (NCHA)**: UH Wellness launched this survey for the second time in February 2017. This data has consistently been
shared with partner offices to help guide on-campus programs and services. In addition, it is used for publications like Potty Talks and Snapshots.

- **Cougar Peer Educator (CPE) Recruitment and Training:** A new class of five Peer Educators were trained in fall 2016. This new cohort successfully completed the Certified Peer Educator training through NASPA and BACCHUS instructed by UH Wellness staff members. The group planned their own events and assisted with office outreach. This past spring, CPE recruited three more students for a total of seven peer educators.

- **BASICS (Brief Alcohol Screening and Intervention for College Students):** UH Wellness implemented BASICS in coordination with the Dean of Students office in September 2016. Five campus facilitators were chosen and participated in training to host these conversations with students. This one-on-one program is research-based and focuses on individual drinking and risk behaviors. This past year, we had 26 students in the BASICS que, with 19 of them successfully completing the program.

- **Mental Health First Aid:** This 8 hour training provides education to students, faculty and staff on the risk factors and warning signs of mental health and addiction concerns, strategies for how to assist someone in crisis and non-crisis situations, and how to connect with professional resources. Various campus departments (College of Education, Athletics) also reached to coordinate individualized trainings for their offices.

- **Mindfulness Meditation:** Started in September 2016, UH Wellness conducted weekly meditation session led by staff member David Dumonde from Continuing Studies. This program is held weekly during the academic year, with consistent attendance from student and staff. The program will return in fall 2017 and was extremely successful this past year.

### Critical Challenges

- **Office visibility:** the physical location of our office continues to be a challenge, as we have found that many patrons are on their way in or out of Campus Recreation. By increasing our offerings (both programs and services) within and outside our space, we hope to expand the understanding of our role. In an effort increase environmental wellness in our space, we made redesigned some of our space in summer 2017, along with building a Zen garden and adding standing desks for professional staff.

- **Office identity:** while our increase of outreach and marketing has begun to be effective, we still continue to have challenges with the campus community knowing who we are. While most who we interact with have heard of our office, we still find confusion about how we are different than Campus Recreation, CAPS and the UH Health Center.

### 7) Budget/Fundraising/Grants

In Fall 2016, UH Wellness was successful in requesting and receiving a FY18 base budget of $316,622, up from FY17 of $311,708 sans merit increases. SFAC was very pleased with our report of how the base augmentation had been used – which included programming expenses and professional development resources for our Sexual Violence Prevention and Education area, as well as funds to conduct yearly health and wellness campus assessments, including the National College Health Assessment in Spring 2017.
At present, the only source of income comes through program fees collected through the Minors in Possession (MIP) program. UH Wellness does not see applying for or receiving major financial grants in its immediate future, but has been in discussion with partner offices about small opportunities, such as Generation Rx or a collaborative grant with the WGRC and the College of Education around sexual violence prevention.

8) Marketing Highlights
- Established
  - Social Media Presence – total increase since FY16 across three platforms. Currently, we have 975 on Instagram (a 13% increase), 672 on Twitter (a 23% increase), and 672 on Facebook (a 43% increase).
  - Potty Talks – now located in 40 restrooms in the Student Center, Campus Recreation & Wellness Center, UH Law Center, CAPS, Health Center, and Center for Students with Disabilities and Cougars in Recovery.
- Initiated
  - Hall Talks – a Potty Talks spinoff collaboration with Student Housing & Residence Life to bring messages of health and wellness into the residence halls. Planned editions for FY18 include alcohol safety, sexual violence prevention, and stress management.
  - Snapshots – these monthly productions aligned with specific topics (alcohol, sexual health, etc.) and/or commemorative months (Black History Month, Hispanic Heritage Month, Pride Month, etc.) to help spread our data. These were shared via social media and on our website as downloadable PDFs.

9) Staff Highlights
- Personnel Updates/Achievements
  - Dr. Laura McGuire departed her role as Sexual Violence Prevention and Education Program Manager in December 2016.
  - Anneliese Bustillo joined as the Assistant Director for Sexual Violence Prevention and Education in July 2017. The role was re-classified in spring 2017.
- Presentations, Involvement/Oversight and/or Awards and Recognition
  - Staff involvement in Campus committees and/or National, Regional, Local and Campus Recognition and Leadership
    - Dr. Patrick Lukingbeal
      1. Serving on the planning committee for NASPA’s Wellness and Health Promotion Leadership Strategies Conference to be held in January 2018.
      2. Serving on the leadership team for NASPA’s Wellness and Health Promotion Knowledge Community.
      3. Serving on the board of the American Foundation for Suicide Prevention, Southeast Texas chapter.
ii. Reuben Parrish
   1. Currently serving as President-elect for University Staff Council for FY 17. Previously served as a general representative in FY16.
   2. Currently serving as a Member-At-Large position with the Health Promotion Section of the American College Health Association.

- Intentional Staff engagement with students outside of job duties
  o Dr. Patrick Lukingbeal
    i. Served as evaluator for the Fraternal Excellence Program through the Center for Fraternity and Sorority Life.
    ii. Served as a facilitator for Cougar Ally Training in the LGBTQ Resource Center.
    iii. Served as co-advisor for the Gender Diversity Engaged Learning Group in Student Housing and Residence Life.
    iv. Served as co-advisor for the Cougar Mental Health Advocates student organization.
    v. Served as advisor for the Houston Archery Club.
    vi. Served as advisor (starting Summer 2017) for Chi Omega sorority.
    vii. Served on the advising team (starting Summer 2017) for the Beta Theta Phi fraternity colony.
    viii. Taught PHLS 6310 – Research Methods in Education for graduate students in the College of Education
  o Reuben Parrish
    i. Served as evaluator for the Fraternal Excellence Program through the Center for Fraternity and Sorority Life.
    ii. Advisor to Cougar Peer Educators and Zeta Phi Beta, Inc.

10) Student and Faculty Shared Governance

- Advisory Board/Committee Work:
  o Dr. Patrick Lukingbeal
    i. Chair for the Substance Abuse Prevention Advisory Board
    ii. Chair for the Biennial Review of the Drug and Alcohol Prevention Policy
    iii. Chair for the BASICS Implementation Committee
    iv. Outgoing Chair for the DSAES Professional Development Committee
    v. Chair for the Out of Darkness Campus Walk
    vi. Interim Co-Chair for the Sexual Violence Prevention & Education Strategies Committee
    vii. Member of the Careers in Student Affairs Month Planning Committee
    viii. Member of the Diversity Education Consortium
    ix. Member of the Wellness Program Committee
    x. Member of the Tobacco Policy Task Force
    xi. Member of the Chancellor’s Sexual Violence Education and Prevention Advisory Board
    xii. Member of the Sexual Violence Prevention Strategies Committee
xiii. Vice-Chair of the Women and Gender Resource Center Advisory Board
   o Reuben Parrish:
     i. Member of the Commencement Speaker Review Committee
     ii. Member of the Wellness Program Committee
     iii. Member of the Be Healthy Co-op
     iv. Member of the DSAES Assessment Committee
   o Dr. Laura McGuire (departed December 2016)
     i. Chair for the Sexual Violence Prevention Strategies Committee
     ii. Chair for the Student Sexual Violence Prevention & Education Advisory Committee
     iii. Member of the Chancellor’s Sexual Violence Prevention and Education Advisory Board
     iv. Member of the Be Healthy Co-op
     v. Member of the Assessment Committee
     vi. Member of the Harris County Domestic Violence Coordinating Council
     vii. Member of the Mobilizing Men Task Force
   o Annelise Bustillo (arrived July 2017)
     i. Member the Sexual Violence Prevention Strategies Committee
     ii. Member of the Chancellor’s Sexual Violence Prevention and Education Advisory Board

11) Collaborations/Partnerships
   • Internal to the DSAES
     o CAPS: UH Wellness served as a weekly site for the “Let’s Talk” program
     o UH Health Center: partnered for World AIDS Day, which saw a community tabling day, visual display of the impact of HIV/AIDS, and information all week long about testing on-campus.
     o Center for Student Involvement: continued “LeadWELL” – a self-paced leadership track program as part of the new LeadUH initiative. This program addresses health and wellness as part of successful leadership – through self-care, time and stress management, and healthy relationships.
     o Student Center Event Committee: Volunteer host and coordinator for the Cat’s Back event for all students.
   • External to the DSAES
     o Athletics: partnered to present education and discussion around consent and sexual violence prevention to all male and female collegiate teams.
     o Human Resources: partnered with Courtney Stein to promote and plan new faculty and staff wellness activities for FY16 (ex: mindfulness meditation and yoga).
     o Dining Services: worked with former campus dietician Danielle McFerron to office in UH Wellness monthly, providing nutrition and dietary counseling to students, faculty and staff. We are hopeful to collaborate with Chartwell’s new Director of Wellness & Sustainability, Lauren Ross.
     o Cub Camp (Provost’s Office): presented to almost 300 new students and upper class mentors at the 2nd annual offsite orientation.
o **Department of English**: assisted in the planning of their new Teaching Assistant Orientation, as well as presented on “The Whole TA” – focusing on self-care while in school.

o **College of Pharmacy**: planned an all-day workshop focused on wellness for all incoming pharmacy students in October 2016. This program focused on self-care as well as students identifying dimensions of wellness they want to actively improve on.

o **Out of Darkness Walk & College of Engineering**: planned the Out of Darkness Campus walk raising awareness for suicide and suicide loss in conjunction with the American Foundation for Suicide Prevention (AFSP) and colleagues/students in the College of Engineering.

o **Muscular Dystrophy of America- Houston Chapter**: coordinated the first ever “Muscle Walk” on the UH campus in fall 2016.

o **Hearing Loss of America- Houston Chapter**: coordinated their annual 5k walk and run on the UH campus in fall 2016.

12) **Department Points of Excellence**

- Utilizations numbers continue to trend upwards, with our FY17 data (22,507) showing an increase from FY16 data (20,394) – a 10.4% increase. This was done even with a professional staff member that departed mid-year.
- In its inaugural year, 117 students, faculty, and staff attended Mental Health First Aid Training, totaling 936 training hours on the topic.
- In its inaugural year, our mindfulness meditation program held 30 weekly sessions with 286 participants.
- The Cougar Peer Educator student organization has rebuilt itself with seven core members. Members have weekly planning meetings, attend staff meetings, and continue to schedule their own tabling events and programs throughout the year.

13) **Department FY18 Goals**

a. Link to Department strategic plan – not applicable

b. FY 18 Goals

- Goal #1: To facilitate student development and the student learning process through education on alcohol and other drugs, mental health, and sexual violence and sexual health. **Empowerment**

- Goal #2: Expand collaboration and networking within the university and surrounding community by expanding the message of who UH Wellness is and what we offer through increased programming, campus involvement and that appeal to a wider audience. **Collaboration**

- Goal #3: To increase the use of programs that use research based, theory driven prevention models. **Accountability**

- Goal #4: To promote comprehensive campus wellness by offering a variety of programs and services that seek to educate and develop the nine dimensions of wellness. **Empowerment and Innovation**

- Goal #5: To promote professional and student staff progression toward advanced professional competencies by maintaining a culture of assessment before, during and after employment. **Empowerment**